



St. Augustine Shores OBSERVER



NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES

Come to a Golden Oldies Dance Party!



Frank, Denise & Roy of "The REMINISTYX"

Vocal show group the "REMINISTYX" are coming back performing at the Recreation Association's Special Social Oldies Dance & Party on Friday evening, January 31st, 2014 from 7:00 PM to 10:00 PM at the Riverview Club in the Shores. "REMINISTYX" is made up of three performers who are well known in the St. Augustine area. Roy Olsson and his band Nostalgia, and Frank and Denise Saffiotti, of the Frank Saffi band have been entertaining us and others in Northeast Florida for many years. Over the past few years, Frank and Denise have joined forces with Roy to take you on a musical journey back to hear many of the classic "Golden Oldies" tunes of yesteryear. You will be entertained by songs of such oldies groups as; the Four Seasons, the Four Tops, the Beach Boys, the Beatles, Jay and the Americans, Danny and the Juniors, Rosie and the Originals, Santana, the Skyliners, the Duprees, the Platters, and much, much more. You will hear extensive vocals and unique takes on 50's Doo-Wop, 60's, R&B, 70's, Disco, Soul and other popular oldies music. (continued on page 3)

Amphitheatre Sets New Record: Over 100,000 Tickets Sold in 2013

2013 was a banner year for the St. Johns County Cultural Events Division. Year-end ticket sales topped 100,000 tickets at the St. Augustine Amphitheatre, up from 84,000 tickets in 2012. The Amphitheatre's regular concert season began with a sold out show by the legendary Hall and Oates on March 1, and recently ended with a performance by Grammy nominated band Alabama Shakes on December 7. Other notable sell out shows included Matchbox 20 on March 17, Styx, REO Speedwagon and Ted Nugent on May 3, Bob Dylan on May 5, Imagine Dragons on May 11, Alan Jackson on May 17, Alabama on August 9, Steely Dan on September 8, The Lumineers on October 18, John Fogerty on October 26, and The Avett Brothers on November 15 among many other international touring acts.

The 100,000 ticket statistic does not include the many free or non-ticketed community events, including the Community First Credit Union Night Owl Cinema Series, which brought back the beloved free movie series to the Amphitheatre this summer, or the Community First Credit Union's A December to Remember free event series which runs until December 22.



The St. Johns County Cultural Events Division also served as advisors to the City of St. Augustine and was heavily involved in all aspects of planning and execution of the Gentlemen of the Road St. Augustine Stopover featuring Mumford and Sons. This event sold 25,000 tickets and brought a new audience of travelers to St. Augustine. In addition to advising many events and festivals around St. Johns County, the Cultural Events Division also manages the Ponte Vedra Concert Hall, which sold over 12,000 tickets this year and hosted private rental events and fundraisers.

"It is because of the hard work, creativity, passion and dedication of the Cultural Events Division staff that we have been able to reach such a significant goal," said St. Johns County Cultural Events Division General Manager Ryan Murphy. "Each year gets better and better and it proves to us that we have truly created an organization that can work not just harder, but smarter in bringing quality cultural events to St. Johns County."

2014 is already shaping up to be quite a year, with tickets currently sold out for Santana on April 27, and tickets on sale today (Friday, December 13) for The Moody Blues. Please stay tuned for many more blockbuster announcements in early 2014. For general information, please contact our Box Office at (904) 209-0367, or visit our website at www.staugamphitheatre.com.

Beach Parking Passes On Sale for 2014

St. Johns County is offering 2014 Beach Parking Passes at pre-season prices of \$30 for County residents and \$40 for non-residents. These passes are now available for purchase at the St. Johns County Pier and at the Beach Services, County Tax Collector, and Recreation and Parks offices. Discounted passes will continue to be available at all locations through March 1. Beginning March 2, 2014, prices will increase and passes will only be available at beach toll booths.



Beginning March 1, vehicle owners who choose to access St. Johns County Beaches will be required to display a season pass permanently affixed to the front right corner of their windshield or purchase a day pass at the toll booth. From May

1 through October 31, vehicle access gates open at 8 a.m. and no vehicles may enter the beach after 7:30 p.m.

As a special "Beach-Bum" promotion on February 7, 2014, the first 50 people who have 10 or more years of Beach Parking Passes on their vehicle window will receive a free 2014 Annual Beach Pass. This promotion will take place at the St. Johns County Beach Services office, located at 901 Pope Road, and more details will be available in the near future.

Current information on beach regulations will be provided when obtaining an on-beach parking pass. For additional information, visit www.co.st-johns.fl.us/Beaches/index.aspx or call Beach Services at 904.209.0331.

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The Shores Observer
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St. Augustine, FL 32080-6509

Happy New Year

What's Inside The Observer This Month...

- News From Around the Shores:
- December Board Meeting Actions
- January Rec. Calendar
- Financial Focus: Diversify Your Investment RISK
- Health Update: You Are What You Eat
- Computer Corner: What is an "APP"?
- The Corner Garden: Wiinter is Really Here
- Sheriff's Corner: Neighborhood Watch Program
- A Life Insurance Primer
- Questions about Chiropractic Care

The St. Augustine Shores Observer

is published monthly for residents of St. Augustine Shores
St. Augustine, FL.

St. Augustine Shores Observer
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St. Augustine, FL 32080-6509
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www.observer.vpweb.com

The St. Augustine Shores Observer

The function of the St. Augustine Shores Observer is to serve the St. Augustine Shores Community.

First priority will be given to reporting news and activities of the residents of the St. Augustine Shores, Shores organizations and other news and events that directly affects St. Augustine Shores. Second priority will be given to articles of general interest as space permits.

Information must be received by the 10th of the month in order to appear in the following month's issue. Articles or information may be sent to the Shores Observer, 1965 A1A South #180, St. Augustine Florida 32080-6509. Information may also be e-mailed to clifflogsdon@att.net.

All material submitted to the Shores Observer is subject to editing. Publishing of submitted letters and information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the Shores Observer.

The Observer's acceptance of advertising does not constitute an endorsement or approval of any product or services by the Observer or its staff. The publisher reserves the right to refuse advertising that does not meet the publication's standards.

The Observer is published by an independent publisher and is not affiliated with the Shores Developer, the St. Augustine Shores Service Corporation or the St. Augustine Shores Civic Association.

How To Reach The Shores Service Corporation (Shores Homeowners Association) (904) 794-2000

Shores Community Calendar

- St. Augustine Shores Service Corporation monthly meetings are held on the second Thursday of each month. Meetings are at 7 p.m. at the Riverview Club.

- St. Augustine Shores Recreation Association board meetings are held on the first Tuesday of each month at 11:30 a.m. at the Riverview Club.

- Conquistador Condominium Board meetings are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.

- Fairview Condominium Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club house.

- Greens Condominium Board meetings will be held on February 1st, May 7th, August 6th and November 5th. The annual meeting will be held on October 1st.

Shores Observer Policy For Classifieds

The Observer offers free community classified ads to all Shores residents. Ads May Not Promote A Business Or Service. Classified ads will not be printed without a name, address and phone number included with the request.

Send your ad to Shores Observer, 1965 A1A South #180, St. Augustine, 32080-6509. Or you may email your ad to clifflogsdon@att.net.

Deadline for all ads is the 10th of every month for the next month's issue.

Community Classifieds

FOR SALE: (1.) 3 section 7 ft Christmas Tree with lights. \$20. (2.) 4 small designer dog carriers, \$15, \$10, & \$5. (3.) Hoover bagless Vacuum Cleaner, like new. \$20. (4.) 2 microwaves, \$12 ea. (5.) 3 Coffee Makers, Mamilton Beach Brew Station, \$30, Krumps Pro \$15. (6.) Bike Helmet, \$5. (7.) New Printer with phone, \$15. Call 422-2467.

FOR SALE: 2 SKB Shell Golf Club travel cases- Deluxe case \$110, Standard case \$95. Both in perfect condition, used twice. Call Art, 797-5023.

FOR SALE: Wicker Entertainment Center in great shape. \$200.00. 4 drawer file cabinet in good condition. \$85.00. 214-5972.

FOR SALE: Wooden Bankers desk chair (light wood with padded seat) \$35. Call 908-812-3110.

FOR SALE: 1 Berkley Big Game Power Series fishing pole with Niko Reel, 1 Shakespeare Ugly Stick fishing pole with reel (ball bearing balanced rotor) and one other Pole plus a box of hooks and eyes. I am asking 75 dollars for the lot. Call 217-3712.

FOR SALE: Jazzy Motorized Wheelchair with charger in good condition. \$400. Back 2 Life Exerciser. \$10. Manual Wheelchair. \$10. G.E Rotisserie. \$15. 904-814-8147.

FOR SALE: John Deere Lawn Tractor LA 125 Auto with mulcher. Perfect condition.

St. Augustine Shores December Board Actions

- President Burrell called for a **Nomination of a Vice President**. The Board held a discussion of voting by ballot and Statute 720. It was noted that two (2) directors were absent for the meeting. Board Action: Motion to Table until next meeting Granted.

- **Treasurer's Report:** Claire Lorbeer
Board Action: All in favor to accept as announced: Unanimous.

- **Architectural Control Committee (ACC) Report:** Jerry Zinn. Three (3) applications in November. Total applications for the year 106.

- **Manager's Report to the Board-** General Manager Joseph H. Smith III

Computer Program: GM Smith read emails from two (2) company's bidding to install a new and expanded Management Software. The two bids are Tops Co. for \$2,995 initial install with \$8,400 annual updates and maintenance. HOA/Condo Manager will be \$8,292 installed and \$2,373 annual updates and maintenance. Discussion: Training, history, usage and upgrades. Board Action: 4-1 to accept HOA/Condo Manager.

- **Manager's Report:** Four (4) properties to proceed with collections up to and including foreclosure. Board Policy on this explained to audience. Board Action: All in favor to forward to legal: Unanimous.

- **Pavilion Hand Rails** - General Manager Smith reported that Handrails along the sidewalk from the pool area to the Pavilion have been installed.

- **Pool Deck Drainage** - Contractor Parry Pools will uninstall up 4000 sq. ft. of pavers and redirect pool surface drainage. They will also install an additional drainage gutter to assist in directing rainfall away from doors leading to the Ballroom. This work is under the guarantee originally furnished by contractor. Discussion concerning a guarantee once the deck is fixed and complete. A Motion by Director Zinn: use our attorney to draft up a warranty type agreement that Parry Pools would sign in exchange for remainder of payment. Board Action: Unanimous

- **Storm Water Drainage Pipe Inspection** - The Shores Community is responsible for 24 Storm Water Drainage pipes on the common grounds. Florida Pipe Tech was hired to inspect, clean and camera these pipes. They have completed 21 pipes. At this point only 3 need repair, one (1) has a crushed end, a giant root ball has grown into one pipe and one (1) has seams that need to

\$1,100 or best offer. 797-7493.

FOR SALE: 2009 Chevrolet Impala- LS model- Great condition/regularly maintained. Roomy 4DR/6Cyl. No accidents. 48000 miles; mostly highway. Highway mileage great. Automatic, cruise control, anti-lock brakes, A/C, AM/FM, CD, On-Star available. \$11,000. Safety and comfort come with this auto. Call 904-217-0940.

WANTED: I want to adopt a small female dog (under 11 pounds) preferably short hair. Will treat like a princess. LOL Nancy 806-2060.

FOR SALE: Pressure Washer 2300PSI \$125.00, Scotts Spreader \$15, Fan \$10, Luggage wheeled garment carrier \$35, White bedroom set, queen headboard, dresser/mirror end table & lamp \$325. Two walkers without wheels \$15, one with wheels \$20. 3pc black luggage \$35 ten boxes of net lights \$15, tree stand \$10, Out door grill \$20. Call: 904-794-5665.

FOR SALE: 4 drawer File Cabinet \$75. Wicker Shelf \$80. Call 904-214-5972.

Board Game Group: Start 2014 with some Joy! Looking for ladies who would be interested in playing board games once or twice a month in the afternoon. Email me if you are interested or have a thought to share on this. flow622@aol.com. 904 547 2324.

be grouted in order to stop leakage at seams.

- **Park Stop Removal and Plantings** - The General Manager received a bid on 3 sections of planting Fl Friendly plants in the areas where vertical park stops are located. These posts were installed several years ago in hopes of reducing access to the power line areas. The plants will be installed along the Shores Blvd as a test sight. Board Action: Unanimous.

- **Home Office Applications:** None

- **Deed Violations:** Seven (7). (Four - 4 Temporary Tents - St. Johns County Code Enforcement should accept responsibility. Two (2) unregistered vehicles- St. Johns County Code Enforcement should accept responsibility. Boat and Trailer Issues reported last month have been resolved)

- **Lawn Letters to Homeowners** - Two (2) Lawn letters have been sent out with no action by the homeowners, HOA is at the point where they can now cut the grass. Owner of Record will be charged for the service. General Manger Smith stated that a Budget Line Item should be added to the budget next year which will relate to this cost.

- **Selection of Service Corporation Committees** President Burrell praised Director Chitwood for Evaluation on Board Committees.

- Architectural Control Committee

- Internal Audit Committee

- President's Steering Committee

- Director Search Committee for Election

- Budget Review

- Riverview Facilities Committee

- Riverview Grounds

- Recreation Committee - (charged to study and suggests sports style improvements for residents.)

- Wildflower Garden Committee

- Safety and Deed Restriction Enforcement

- Shores Land Management

- Board Action: Unanimous to accept.

This article is a summary of the monthly board meeting held on December 14. The Official Minutes of Record will not be approved until acceptance at the next official meeting. A copy of the Official Minutes will be posted and available two days after the next Board Meeting. These are not in detail and the board minutes of record will be reviewed and approved at the next board meeting. The next scheduled monthly meeting is on January 20, 2014 at 7 p.m. All Shores residents are welcome and encouraged to attend.



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Water Problems? Ask Polly!



Polly Swindull

I smell chlorine in my water. Who can I call to get something done about this health risk?

The municipalities are stuck. Environmental and public safety laws require most to maintain a chlorine residual throughout the entire water main delivery system. This is to retain some disinfecting properties in the event of groundwater infiltration and other contaminations. Barking at your local water company or water department about the taste and odor will accomplish nothing. Chances are, they're doing their best, and meeting the laws. The most practical solution to the problem is to take it out before it enters your home by installing an inexpensive carbon filter at the point of entry to your home!

EAST COAST WELLS & WATER TREATMENT CALL 824-6630

News From Around The Shores

January Riverview Club Calendar

ACTIVITIES MEMBERS:

TRANSPLANTS: 4H CLUB DEMONSTRATION
 JAN 12TH @ 3:00 P.M. Call Cecilia 797-4816 or Shirley 797-7767 for information

SINGLES: MEETING
 JAN 21 @ 3:00 P.M. Margaret Hand 794-4698

BILLARDS - Monday, Wednesday & Saturday at 9:00 A.M. Tuesday & Thursday at 1:00 PM

BOOK CLUB - First Monday of the Month in the Library. Kathy@ Kesten@sjcfl.us

BRIDGE - Wednesday & Friday at 12:30 PM

BRIDGE LESSONS - 10:30 A.M. Nancy Willis 794-1855

CHICAGO BRIDGE - Thursday at 12:30 PM. Nancy Willis 794-1855. Tuesday at 7:00 PM. Debbie Casey 347-9800 or Betty Barton 797-9097. Must have a partner to play.

EXERCISE CLASS - Tuesday & Thursday at 10:00 AM. Donation at door

FRENCH CLASSES - Conversational French Thursdays @ 3:00 P.M.

LINE DANCING - Wednesday at 10:00 AM

MAH JONGG - Tuesday at 1:00 PM and Wednesday at 10:30 AM

TAI CHI - Wednesdays at 5:00 P.M.. An ancient Chinese discipline of meditative movements practiced as a system of exercise. It is not strenuous. The instructor will be teaching for beginners. Wear comfortable clothes. \$2.00 per person.

YOGA - Monday, Wednesday and Friday at 9:00 AM. Bring a mat and wear loose, comfortable clothing.

CHAIR YOGA - Friday @ 10:45 A.M. Additional mobility for those who have a hard time with the floor exercise. Wear loose comfortable clothing and bring a mat.

WRITERS IN THE SHORES - meets every 2nd and 4th Tuesday of each month at 1:30 P.M. OPEN TO ALL RESIDENTS. Donna Johnson 794-0789

ALL MEMBERS

DANCE CLASS - Thursdays 2:00 P.M. starting Sept 19th. Members \$2.50 per person. Guests \$3.50. Call Dennis Salvati 461-6782

BOARD MEETING: - Second Tuesday of the month at 11:30 AM

DANCE MEMBERS

JANUARY 18TH EARLY SOCIAL
 SATURDAY
 7:00-10:00 P.M. Music by Ernie on the Keyboard
 Hosts: Phil and Darlene Van Tiem
 Reservations: Tues Jan 14th and Thurs Jan 16th 9:00-10:00 A.M.
 All dance and activity members free. Non members and guest \$10.00. BYOB and snacks.

JANUARY 31ST MAIN SOCIAL
 FRIDAY
 7:00-10:00 P.M. Music: Reministyx
 Hosts: Dennis and Katy Salati
 Reservations: Tues Jan 28th and Thurs Jan 30th 9:00-10:00 P.M.
 Dances are \$5.00 for members and house guests and \$10.00 for non-members and guests. BYOB and snacks

For information on any of the club activities please call 794-2000.

THE ANNUAL WINE, CHEESE AND ART SHOW

The Annual Wine, Cheese and Art Show will be Sunday, February 23rd from 2:00 to 4:30 P.M. Featured will be art by Shirley DePasquale and Paintings and Photography of local Artists of St Augustine, Palm Coast and Jacksonville. Free will donation.

This has become an annual event at the Riverview Club and has highlighted many beautiful works by local artists. This is a community event and we invite everyone to come and enjoy the afternoon. For information please call Marcia Farrell 794-7888.

St. Augustine Travel Club

Please join us for our FREE St. Augustine Travel Club get together on Wednesday, January 8, at 3pm at the Southeast Branch Public Library on U. S. 1 when we will present on ITALY's Great Hill Towns. I have been in the travel industry for 40 years and retired with a love of travel, and volunteer at the library to share my extensive background in the field. The Travel Club is intended to be educational and fun. We hope you will be able to come. The club is open to all St. Augustine residents and friends.

Cruise to Southern Caribbean March 15, 2014

The St. Augustine Travel Club will again be sailing the seas on Saturday, March 15 to 23, 2014, on the beautiful Carnival Breeze out of Miami to the Southern Caribbean ports of Turks & Caicos, Dominican Republic, Aruba and Curacao for an 8-day cruise. Prices start from \$863.00 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Book now with a \$300 deposit and receive \$100 per stateroom On Board Credit. Call Peter Dytch, St. Augustine Travel Club at (904) 797-3736 for more information and reservations.

Oldies Dance & Party

(continued from page 1)

We invite Rec. Club members and their guests to come join us and tap your feet, clap your hands, sing along, party and "dance-dance-dance". You're sure to have a great time! This dance is BYOB & snacks. Rec. Club Dance Members/House Guests are \$5.00 and Rec. Club Activities Members & Non-members/Guests are \$10.00. Hope to see you all there.





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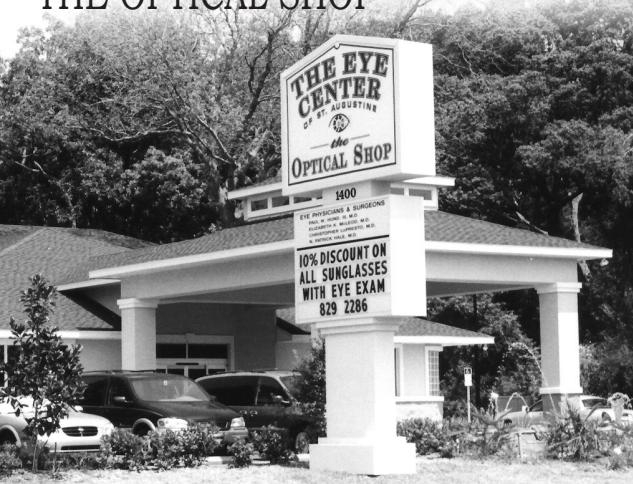
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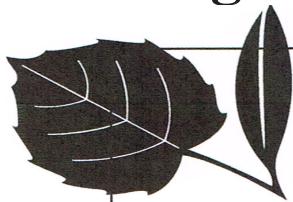


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Gingie MacQueen, Admission Director 904-864-1051

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- Newspaper Delivery
- Pharmaceuticals • Dietary
- Social Services • Dining Areas
- Laundry Service • Phone/Cable
- Wound Care • Restorative Care

St. Augustine Shores Club News



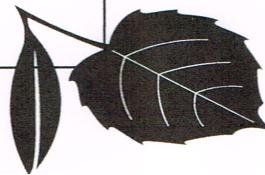
The Corner Garden

by Susanne Murphy
Geranium Garden Circle

Winter is really here!

- Plant spring-flowering bulbs such as tulips and hyacinths. (Follow instructions on the package)
- Begin transplanting plants in the landscape, keeping them out of the ground as short a time as possible.
- Plant bare root and balled and burlap wrapped plants. Be sure to keep them well watered.
- Avoid pruning spring blooming plants.
- Use a dormant oil spray on dormant fruit trees and woody ornamentals.
- Roses can be pruned in late January.
- If hard freeze is predicted water lawn and ornamental plants 24 to 48 hours before the freeze to improve cold protection.
- Plant seeds indoors or in a greenhouse
- **Vegetables to plant:**
beets, broccoli, cabbage, carrots, cauliflower, celery, Chinese cabbage, mustard, bunching onions, English peas, potatoes, radishes and turnips.
- **Annuals to plant:**
carnations, pansies, petunias, snapdragons, delphiniums, larkspur, dianthus and foxgloves

Happy Gardening!



Shores Golf Update

January 2015 Tea-leaves

By Peggy McGovern (pegaboo49@aol.com)

Happy New Year...May it be healthy, happy & safe for all of us. The Ladies of the Shores Golf Assoc. elected a new Board of Officers for 2014 & they are hard at work. Pres. Dale Kelleher, V.P. Ruth Willis, SEC. Marcia MacPherson, Treas. Peggy Oliveira, Tour. Eileen Collomb

Coming up in 2014 is our CLUBCHAMPION tournament is March 6 & 13 & the SALLY CROYLE MEMORIAL on April 24 & lots of play dates in between.

Our Christmas luncheon was a delight, a fitting end to 2013. Good people..good food & good fun. Thanks to Jean Viscariello & Patti Lamy who put it all together.

On a personal note, Charlie & I wish to thank our friends &

neighbors for the Mass Cards, sympathy notes, phone calls & hugs on the recent loss of our son Tom. All those acts of kindness eased our sadness. God Bless all of you & Thank You. Peggy McGovern.



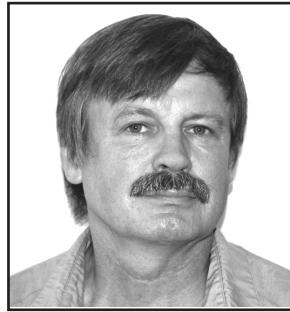
Writers in the Shores

By Donna Johnson

The January meetings for Writers in the Shores will be on Tuesday the 14th and again on the 28th. The chosen subject "In the Dog House" was suggested for this month's topic to write about on the 28th. Come and check us out, everyone is welcome and we would like to invite anyone who loves to write. You do not have to be a member. We meet the 2nd and 4th Tuesday of each month at 1:30 pm here at the Riverview Club Library. We are a casual group who enjoy sharing their work and related discussion with each other. There are no officers, dues or requirements. All genres are encompassed. For information call me at 794-0789.

After School Art Lessons

New AFTER SCHOOL ART LESSONS located next to Hartley Elementary with Gina Partos, M.A., NYU., Retired "Highly Qualified", Certified NK-12 Art Teacher. Oregon License #10408863. Convenient, Safe, & Fun! For more information, please call Gina at (904)-460-3027.



Computer Corner

By Gary Herrick, Computer Professor
904-377-6785
mainely2@bellsouth.net

What is an "APP"?

Greetings from Computer Professor:

What is an "App"? We are frequently hearing the term "app" concerning conversations about smart phones, tablets and new computers. The word app is a noun, and it's short for "application." Application in this case refers to a software application — in other words, a software program. These programs are tools to accomplish a task on a phone, tablet or computer. When we say "app" we are referring to a newer style program, it's a special type of software program to run on smaller, lower powered electronic devices. It is self-contained designed to fulfill a particular purpose; hopefully in a simple, more user-friendly way. Where you get your apps from depends on what operating system your device is using. The three of today's biggest operating platforms are: Android, iOS and Windows 8 - all come with "an app" that is a link to an app store. These app stores are built-in as part of the operating system. Only the new Windows 8/8.1 is designed to be used with apps, not so for the older windows versions.

Apps can let your phone or tablet do almost anything that the programmers

can imagine, within the technical limitations of the device. This means that you can turn your phone into a remote control for a toy helicopter, your tablet into a turbo-charged drawing pad, and endless functions. With so many apps to choose from, it's difficult to choose just a few to talk about. There are apps that let your phone stream radio stations over 3G or Wi-Fi, turning your phone into a pocket radio. Another app uses your phone's camera to take pictures of products' barcodes, and then automatically searches the internet for the best price deals on that item. Yet another uses your phone's GPS to work out your location, and then tells you exactly which buses and trains you need to reach a destination you've chosen.

There are apps that are useful in the home as well. Many cut-down versions of programs for home PCs are available in app form. Word processors, spreadsheets, presentation makers, music production suites, and both video and image editors are available as apps, often with capabilities rivalling their big PC brothers. There is also a vibrant market for games and educational programs in the app stores. Try finding this app and explore: IHeart. Have fun.

Sacagawea, King George or Cleopatra...It's All Relative!

by Susan Johnson, Council on Aging

My sister tried an online ancestor search application a few years ago and discovered — much to everyone's surprise - that our family was directly descended from Sacagawea. I was immediately skeptical...the Three Stooges, maybe... but Sacagawea? As it turns out, and over a period of a few years, I have met many more of my Shoshone relatives, each of who made the family connection via the same Internet application.

Enter Denise Olson. Denise leads genealogy workshops every Wednesday from 1 – 2:30pm at COA's River House 179 Marine St. (Fees are \$3 for River House



activity members and \$4 for all others.) I told her about my connection with Sacagawea but she didn't seem impressed with my lineage. "Most people want to discover that they are related to someone famous" laughs Denise. "However, if you want to base your family history on actual fact, there are research strategies that can help you do that!"

Denise was born and raised in St. Augustine and has been interested in genealogy for as far back as she can remember. "I grew up hearing all kinds of stories about my relatives and I often wondered how much of what I heard was fact and how much was embellished. So, I decided to find out for myself!" But, where to start?

According to Denise, the best place to begin is by pestering the people around you with a bazillion questions about your family! "Any history is colored by the viewpoints of



the person doing the telling. So talk to as many relatives as you can, evaluate your sources to determine how reliable they are and discover different perspectives that you can blend together to paint an accurate family portrait." Other great resources include historical societies, land records, wills and birth and baptism records.

If you're interested in learning more about your roots, please contact COA's River House at (904) 209-3655. A factual family tree makes a great gift for people of all ages but genealogy can also provide a means for families to connect their past with their present - and offer a foundation on which future generations can build! And remember! A River House or Players Community Senior Center activity membership entitles you to reciprocity at the other! For more information about activities and services of the Council on Aging, please visit www.coasjc.com.

News From Around St. Johns County

St. Johns County Board of County Commissioners Launch District E-Newsletters

In an ongoing initiative to promote transparency, open government, and community engagement, the St. Johns County Board of County Commissioners recently launched District E-Newsletters that provide insightful information regarding current County projects, programs, facilities, and events.

Emailed quarterly, each newsletter contains countywide information and content specific to its respective district and the County Commissioner elected to represent that area. Those interested in receiving the new electronic publications are encouraged to visit www.sjcl.us to register for the District E-Newsletter of their choice. In addition, participants

can sign up for all five newsletters with one click by selecting the "All Districts" list. Registration also is conveniently available by texting "stjohnscounty" to 22828. Standard data and message rates may apply.

The new E-Newsletters are just one component of a comprehensive St. Johns County communication program designed to ensure residents, businesses, and visitors have access to their local government and elected officials. Additional information regarding how St. Johns County is working to serve the community can be found at www.sjcl.us, on Comcast channels 3 and 261, and through St. Johns County's various social media profiles.

Saint Francis House Meets the Needs

In operation since 1984, St. Francis House has provided first meals, then lodging, and then many other support services for those in need in St. Johns County. After receiving the recent resignation, for health reasons, of Renee Morris, as Executive Director of St. Francis House, the board of its nonprofit corporation, The St. Augustine Society, Inc. is in the process of a transition of management, and the modernization of operations

Under six years of Ms. Morris's leadership, the only homeless shelter in the area grew from one building to three, adding transitional housing, family housing, and a full range of support services. During that time, its population has benefited immensely from a stricter code of conduct and cleanliness. The facility has greatly increased the safety, and appearance of its property and the neighborhood. All this was done during the most difficult financial times since the depression.

Now, St. Francis House is looking forward to moving into the future with a renewed vision of its role in service to the community. During the past week, the board of directors has appointed a new Executive Director of St. Francis House, Judy Dembowski, who comes from Maine with a twenty-three year background in all phases of shelter operation

Ms. Dembowski has been employed by St. Francis since June in different positions. The "House" feels blessed to have all of Judy's skills, localized, familiar and available in order to take over the reins of the daily operation. Judy had been acting as the Interim Director for over a month, and showed amazing progress in comprehending

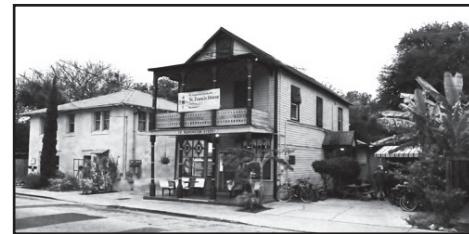
the complexities of the St. Francis House shelter, adapting to the challenges, and appropriately adjusting the course as necessary.

During her short time with St. Francis House,

Judy has begun much needed upgrades to the IT (computer) systems, financial procedures, and grant writing and employee handbooks, among other improvements. While the board has been impressed with her excellent progress, they also realize the magnitude of necessary changes regarding support and backup. At this time, they are looking into hiring a qualified person to act as Assistant Director

who will meet that need and support the Executive Director on a day-to-day basis.

St. Francis House is very optimistic that the new management team will be well prepared to meet the challenges of our society's reinvigorated economy, and that it will be able to provide many doors of opportunity to its clients. They look forward to working with the community, agencies, and new volunteers, to answer the changing possibilities and vision. If you would like to be a part of this renewed endeavor in any way, please contact the "House" at 904-829-8937. We look forward to hearing from you.



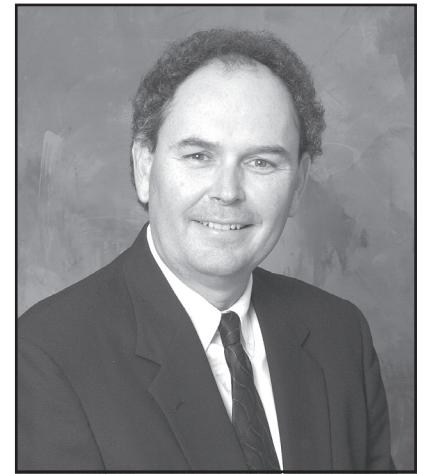
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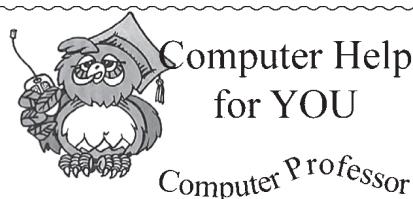
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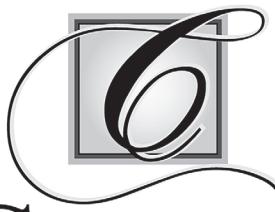
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A Simple Resolution

By Rt. Rev. Ian D. Anderson, Ph.D.
Missionary Diocese of the
Resurrection Diocesan Center,
272 Paseo Reyes Drive

Every New Year's Eve we prepare for the year that is to come with bright lights, big bands, bubbly champagne, loud noise machines, and grand parties. While we may not stay up until midnight on many nights of the year, we try to stay awake past midnight on December 31 in order to see the dawn of the New Year. Even if we are in our pajamas at home, we typically tune our televisions to the evening's events in Times Square, allowing the bright lights and the flicker of the big ball to illuminate our living rooms. The New Year is almost always ushered in with lights. Something new has come!

The season of Epiphany begins when the twelve days of Christmas are over and it ends on Ash Wednesday with the beginning of Lent. Jesus was twelve days old when wise men followed a star, looking for the ruler who would shepherd the people of Israel. We are told that the wise men find delight beneath this star, and Epiphany is the season of our basking in this same light – the light of the Christ child. It is a time to go and tell what happened in Bethlehem. And Epiphany begins with the promise of a light – a light that comes when the glory of the Lord has risen upon us. In their search, the wise men travel to Jerusalem and create a stir with a simple question, "Where is the child who has been born King of the Jews?" The very question foretells great change. Herod is no longer the King of the Jews. A new king has arrived – a child who will change the world. The wise men from the East know that the child for whom they are searching will lead

the people of Israel in a way that no one else has ever led them before. The Jews are accustomed to being ruled by Herod, but they long for not just another ruler but for a shepherd. They are hungry for a different kind of government. They are eager for the change this child will bring.

At the beginning of the New Year, we also often yearn for things to be different. We yearn for families to get along, for finances to improve, bodies to become healthier, a more peaceful life and a peaceful world, more time with friends, less stress, a new job, and so on. Yet the things we resolve to do differently on January 1 are rarely part of our life on March 1. We set out every year with high hopes in doing things differently this year. So, what if we were to stop making impossible resolutions for ourselves; stop setting ourselves up for the same failure we experienced last year?

When the wise men finally encounter Christ they are overwhelmed with joy, offering costly gifts to the baby – gifts of gold, frankincense and myrrh – the best of the best. What if we resolve to remember the significance of Christ's birth by consistently asking ourselves what we can offer to Christ this New Year? We may discover that we really have not given our lives to Christ in the first place – that what Christ is really yearning for is for us to come – to come home to him and say, "I want you to rule my life."

Keep your resolution simple this year. Don't walk alone; ask Christ for his help and see if they finally become possible.



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The Holidays are approaching and it's time to be with family and friends to celebrate the Holidays and another year coming to an end. Thanks, to all of our customers it has been a great year and all of us here at St. Augustine Power House want to wish everyone Happy Holidays! We look forward to serving you in the New Year.

Mow, with the Holidays coming do you have any suggestion for holiday gifts?

Good question, with winter upon us and the leaves are gathered in our yards. Leaf Blowers are an idea as a gift for the person who is raking and removing the falling leaves. There are different types from Hand Held Blowers to Back Pack Blowers that can meet anyone's price range or needs. Chain Saws are another idea for the person who is trimming the dead limbs on the trees or gathering fire wood for the wood burning fireplaces and fire pits. There are many different types of chain saws from top handle saws good for trimming limbs to rear handle saws for log cutting, they priced for anyone's price range and needs.

Mow, what is the best way to prepare our outdoor power equipment for winter storage?

Great question, with all the fuel issues we are seeing with equipment if possible drain your fuel tanks and run all the fuel out of your equipment. If that's not possible use a fuel treatment that works to slow the effects of Ethanol. An example is premixed fuel i.e. True Fuel which has stabilizers and additives already in it and has a shelf life of 2 years, which regular fuel only has a shelf life of 30 days. Winter is also a good time to bring your lawn equipment to the Power House for annual service so it will be ready for spring.

That's all the time we have for now, come by and check out all of our Holiday Specials on Chain Saws, Leaf Blowers and many other items that would be great for Holiday gifts. Come visit us at 125 Pope Rd. or at www.staugpowerhouse.com and if you have any questions for Mow email him at askmow@staugpowerhouse.com.



Will Russell

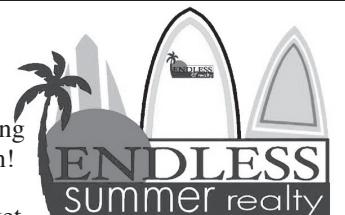
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You Are What You Eat

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
First Coast Rehabilitation
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When I was younger my mother used to tell me, "you are what you eat", which did not make sense at the time. The child motivated response was, "am I going to turn into a chocolate cookie?" The truth of the matter is our bodies, actually the cells and tissues of our bodies, require nutrition for fuel to make us go, grow and heal. That includes the joints.

In construction and manufacturing

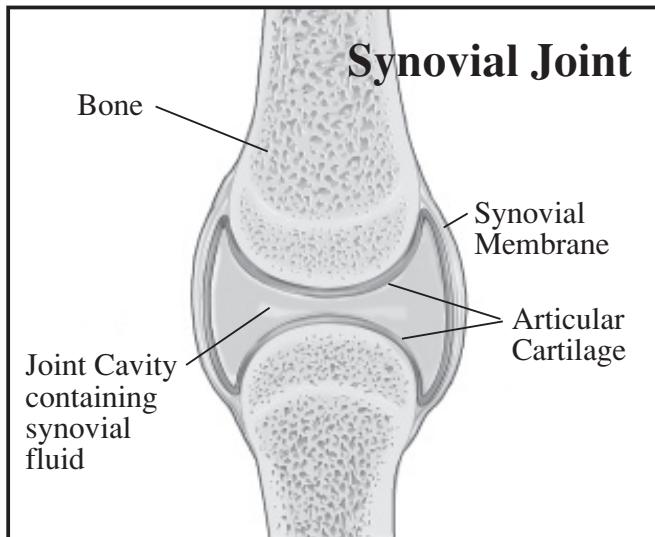
would just run to run, squat fully because they could and fling their arms and legs about because it was fun. When was the last time you flung your arms and legs about either in public or the privacy of your own home? It's been a while for me too.

The point is, we are made to move. We need to move. The health of our joints depends on it. Their nutrition and health depend on it. If we don't move, they don't eat. Why starve a joint. We feed the hungry. We save the whales. We protect the rainforest. Why not feed a joint. It's easy. All you have to do is move.

Have a great 2014 – make it the year of moving.

Rob Stanborough is a physical therapist, president and co-owner of First Coast Rehabilitation (St. Augustine 904-829-3411 or Palatka 386-325-2721). He is co-author of Myofascial Manipulation: Theory

& Application, 3rd ed by Proed Inc. He's certified in manual therapy and a Fellow of the American Academy of Orthopaedic Manual Therapists. Read previous columns posted on www.firstcoastrehab.com.



joints are the moving parts. It's the same in the body except the tissues of our joints are living and ever changing compared to man-made plastics and metals. Similar to man-made joints, natural joints have two sides that fit together in a specific way. If too tight the materials may wear down prematurely. If too loose, the movement can be sloppy and not well controlled or unsafe. In many cases joints, such as door hinges, can be replaced if worn out. I'm not sure our joints were intended to be replaced but I know many folks who are thankful someone figured out how to do so. And that's a good thing. So, how to keep a joint healthy, which brings me back to "you are what you eat".

Most tissues in the body get nutrition directly from the circulating blood but not joints. Most moving joints in the body are what we call synovial joints. They consist of two articulating surfaces, are held together by a capsule, reinforced by ligaments, and coated in a slick but tough surface called cartilage. The interesting thing is there is no blood inside of the joint. Instead a clear fluid (synovial fluid) fills the joint, providing lubrication and nutrition. The fluid is circulated by movement. So, you are what you eat – joints 'feed', if you will, from the synovial fluid. But if there is little movement there will little 'feeding'.

It seems our society is becoming less and less mobile, like slowly drying concrete. We move less and less with each day, staring at earlier and earlier – sitting in school, at the computer, texting, gaming, eating or even sleeping in chairs, cars, airplanes.

When my children were young they

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St. Augustine Orchestra and Community Choirs FLASH St. Augustine

Members of the St. Augustine Orchestra and the St Augustine Community Chorus invited all area church choirs, choruses, and all high school singing groups to join together in the downtown plaza for a flash mob. The event took place before the British Night Watch event and hopes to be an annual event.

By design, a flash mob is to be a spontaneous, surprise activity and residents and tourists alike (once realized) were able to enjoy and take part in singing the Hallelujah Chorus from Handel's Messiah.

Special thanks to St. Augustine Orchestra members with conductor, Bill McNeiland and the St. Augustine Community Chorus with Kathy Vande Berg, directing. A short video can be found on You Tube (2013 Flash Mob Video Clip), and will soon be posted to the orchestra's website: www.staugustineorchestra.org



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A Life Insurance Primer

By Jane Tucker, First Florida Insurance

When you buy life insurance, you want coverage that fits your needs. First, decide how much you need - and for how long - and what you can afford to pay. Keep in mind the major reason you buy life insurance is to cover the financial effects of unexpected or untimely death. Life insurance also can be one of many ways to plan for the future.

Ask an insurance agent or company you trust to help you review your own insurance needs and circumstances. They will help you choose the kind of policy that has benefits that most closely fit your needs.

Be sure that you can handle premium payments. Can you afford the initial premium? If the premium increases later and you still need insurance, can you still afford it?

Don't sign an insurance application until you review it carefully to be sure all the answers are complete and accurate.

Don't buy life insurance unless you intend to stick with your plan. It may be very costly if you quit during the early years of the policy.

Don't drop one policy and buy another without a thorough study of the new policy and the one you have now.

Read your policy carefully. Ask your agent or company about anything that is not clear to you. And, remember to review your life insurance program with your agent every few years to keep up with changes in your income and your needs.

Next, learn what kinds of policies

will meet your needs and pick the one that best suits you. Some questions to ask yourself:

1. How much of the family income do I provide? If I were to die early, how would my survivors, especially my children, get by? Does anyone else depend on me financially, such as a parent, grandparent, brother or sister?

2. Do I have children for whom I'd like to set aside money to finish their education in the event of my death?

3. How will my family pay final expenses and repay debts after my death?

4. Do I have family members or organizations to whom I would like to leave money?

5. Will there be estate taxes to pay after my death? How will inflation affect future needs?

As you figure out what you have to meet these needs, count any life insurance you have now, including any group insurance where you work or veteran's insurance. Add other assets you have: savings, investments, real estate and personal property. Which assets would your family sell or cash in to pay expenses after your death?

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Wishing You a Bright & Happy New Year!

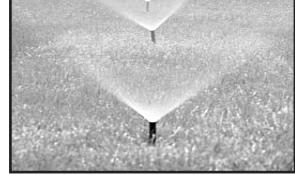


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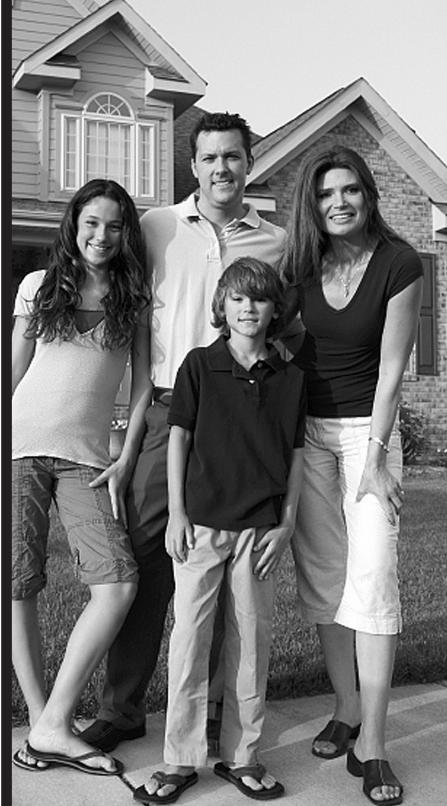
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By Dr. Jack R. Thompson
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Questions about Chiropractic Care

I've been a Chiropractor in private practice since 1996 and love helping people feel better and regain their health through natural means. Over the years I've come to understand that, in general, people are confused as to exactly what a Chiropractor does and how he or she is able to help them with a stubborn back pain or other ailment. In this short article I've listed several of the most common questions and/or observations I've come across. Maybe it will help you understand better just exactly how Chiropractors help people.

"I don't believe in Chiropractic." - I'm the first to say that even though Chiropractic is different compared to traditional medical treatment, it certainly isn't something you have to "believe in" for it to work. Instead, Chiropractic results are produced by adhering to the scientific facts relating to the function of the spine and how it can affect the brain and nerve system. Removing dangerous nerve pressure by gently moving locked-up spinal bones is how Chiropractors help patients to heal - without taking drugs.

"Do the treatments hurt?" While I would never tell you that treatments never hurt, I will tell you in most cases, there is very little discomfort from a Chiropractic treatment. I routinely treat children, who, in general, will enthusiastically climb up on my treatment table and anxiously await their treatment. (We all know children WILL NOT allow a doctor to give them a painful treatment without usually pitching a fit!)

"I've heard that once I start seeing a Chiropractor, I'll have to go for the

rest of my life?" - How long a patient decides to benefit from Chiropractic care is always their choice. Since many spinal problems get started from accidents or injuries early in life, permanent correction can be difficult. Years of muscle damage, scar tissue, and ligamental instability can set the stage for relapse. Most of my patients who undergo initial intensive care continue on with regular treatments to protect the progress and investment they've made and to avoid relapse.

"I've heard Chiropractic treatments can wear out your joints?" - In actuality, just the opposite is true. Joints that stop moving properly are much more prone to degenerative joint disease than joints that move freely through their full range of motion. Chiropractic treatments are designed to restore full range of motion to the joints of the spine.

"Is Chiropractic safe?" - Critics of Chiropractic often mislead the public by saying that Chiropractic treatments (especially to the neck) are dangerous and can lead to a stroke or other problems. If this were true and the spine was that fragile, then just about anyone involved in even a minor auto accident would be in much more danger of having a stroke than a person receiving a Chiropractic treatment. The techniques used by Chiropractors are highly specific and have been taught and used safely and effectively for over 100 years.

If you have a headaches, neck or back pain, or a stubborn health condition that has not responded to traditional medical care, you might want to consider giving Chiropractic care a try.

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Home Again St. Johns Update

By Diane Quick

Many exciting things are happening at Home Again St Johns these days, the first of which was the recent donation of a 15 passenger van to the organization by local residents, Nancy and David O'Byrne. The vehicle will be used for street outreach deploying a volunteer outreach team to areas in the county known to be inhabited by the homeless. The team shall include, whenever possible, one medical professional, social worker or mental health professional who will make contact with the homeless, perform intake and assessment and distribute needed supplies.

"Home Again is very grateful to the O'Byrnes for bringing this new resource to serve the homeless", said David Hoak, the executive director of Home Again St. Johns. The O'Byrne's also contributed additional funding to purchase fuel and insurance for the vehicle. They both serve on Home Again's Drop-In Center committee.

In October, Home Again St. Johns received approval of a grant from The Home Depot Foundation to build a Drop-In Center at their property on State Road 207. This center would include showers and laundry area that the homeless can utilize on a weekly basis.

On December 5th, over 25 volunteers from The Home Depot and Northrop Grumman will converge on the site to build a 30 foot deck where the showers, washer, dryer and bathroom will be installed. The Drop-In Center will provide these much-needed services to those living in the woods, under bridges and in their cars. Arriving at the center, they may take a hot shower, wash

their clothes, get a hot meal and meet with representatives from agencies providing health and human services to those in need in our community.

Donation of towels, laundry detergent, soap and shampoo are being accepted as well as monetary donation to purchase these items as well as help to cover utility costs.

Another need Home Again has is in regards to their Dining with Dignity program. With it now getting dark earlier, lighting is needed for the vacant lot where meals are being served at the corner of Granada and Bridge Street in Lincolnville. Upwards of 100 meals are provided to the homeless each night with over 100,000 meals being served over the past three years. To donate lighting or funding to purchase lights for the Dining With Dignity program, please contact Al Deinhart, program coordinator, at 797-2691.

Along with the Street Outreach Program, the Drop-In Center, the 15 passenger van and the Dining With Dignity Program, Home Again St. Johns is moving forward with their One Stop Center on their 13.5 acre property. Currently, the organization is going through the county's pre-application review process. By early 2014, the organization hopes to be moving forward with the building project.

Home Again St Johns' mission is to promote, foster and support a collaborative approach among social service and governmental agencies, community groups, faith-based organizations and dedicated private citizens for resolving issues related to homelessness in St. Johns County compassionately, effectively and efficiently. Call for more information. at 904-881-8867.



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Compassion 5K Raises over \$15,000 for Local Families in Crisis

On November 9th, 2013, the 7th annual "Compassion 5k Run/Walk" was successfully held in the St. Augustine Shores. This year the annual event raised over \$15,000 to help ease the financial burden of families in our local community that are currently living with a major health crisis, many of which are life threatening.

With the help of the Sertoma of St. Augustine, The Ancient City Road Runners, many local businesses and community volunteers, the "Compassion 5K Run/Walk" was once again able to assist local families manage their crises during their greatest time of need.

Over 400 participants gathered on a beautiful, Saturday morning for this outing that also helped fellow St. Johns



County residents. Compassion 5K Runners engaging the race course shortly after the starting gun was fired.

Runners were cheered on during the race by enthusiastic, Shores residents who came to watch the event. Many avid runners said they had a great time and were pleased at the number and quality of gifts provided by local merchants and awarded after the race. Hand crafted medals and prizes were given to the top finishers in their categories.

The following vendors: Cold Cow, Smoothie King, Starbucks, Great American Bagel, Papa John's Pizza, Walmart and The Garden, provided delicious, nutritional snacks for the participants. You can view race results and photos from the event at www.compassion5k.org.

St. Johns River State College St. Augustine Campus Offers Variety of Non-credit Courses

St. Johns River State College will offer a variety of non-credit leisure and professional development courses on its St. Augustine campus this spring. These classes reach beyond the traditional offerings of the college and have no prerequisites. Continuing and community education classes cannot be used to satisfy the requirements of a degree or certificate program.

The following non-credit courses will be offered on the St. Augustine campus:

- Advanced Digital Photography – Wednesdays, 3/5 – 4/16/14; 6:30 – 8:30 p.m.
- Art History I – Mondays, 2/3 – 3/3/14; 3:00 – 4:00 p.m. and 4:10 – 5:10 p.m.
- Art History II – Wednesdays, 2/5 – 3/5/14; 3:00 – 4:00 p.m. and 4:10 – 5:10 p.m.
- Basic Drawing Concepts – Saturdays, 2/1 – 3/8/14; 9:30 – 11:30 a.m.
- BLS General Requirement – Saturday,

1/18/2014; 9:00 a.m. – 1:00 p.m.

• BLS General Requirement – Saturday, 3/1/14; 9:00 a.m. – 1:00 p.m.

• BLS Recertification – Saturday, 4/19/14; 9:00 a.m. – 1:00 p.m.

• Digital Photography – Wednesdays, 1/15 – 2/19/14; 6:30 – 8:30 p.m.

• Introduction to Computers – Saturdays, 01/11 – 02/01/14; 9:00 – 11:00 a.m.

• Introduction to MS Excel 2007 – Saturdays, 3/29 – 4/19/14; 9:00 – 11:00 a.m.

• Review for Professional Education Exam – Saturday, 04/19/2014; 9:00 a.m. – 1:00 p.m.

Registration fees vary for each course, and students may register for one or several courses. For more information, call SJR State's Open Campus at (386) 312-4211 or visit the website at SJRstate.edu/continuinged.html to download a registration form.

First Day Hike: "Walk on the Wild Side at Anastasia State Park

Get outdoors and experience the wonders of the park! Join the Park Services Specialist for the First Day Hike and observe what life is like on the wild side. This walk starts out with a leisurely stroll through the Maritime Hammock, continuing along Salt Run, our estuarine habitat, then having an intermission and rest room break at the Windsurf Pavilion. The walk will continue from there along the boardwalk over the salt marsh, through the sand dunes, and finishing on the shoreline.

Participants of the walk will discover an assortment of flora and fauna that are the makeup of the important ecosystems of Anastasia, and possibly increase their

knowledge of some history of the park and the surrounding area. The full length of the walk is 2.5 miles round trip. Participants may choose to only walk the first half to Windsurf to shorten the length of the walk if preferred. Suggested items to bring are binoculars, comfortable walking shoes, camera, drinking water, bug spray, and sunscreen.

The event will take place from 9:00 a.m. – 11:00 a.m. January 1, 2014 at Anastasia State Park, 300 Anastasia Park Road, St. Augustine,

FL 32080.

For more information on Florida's award-winning state parks, visit www.FloridaStateParks.org/anastasia or call (904-461-20133).

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Financial Focus

Informations Provided by'

Edward Jones

Diversify Your Investment Risk

All investments carry risk. But, as an investor, one of the biggest risks you face is that of not achieving your long-term goals, such as enjoying a comfortable retirement and remaining financially independent throughout your life. To help reach your objectives, you need to own a variety of investment vehicles — and each carries its own type of risk.

If you spread your investment dollars among vehicles that carry different types of risk, you may increase your chances of owning some investments that do well, even if, at the same time, you own others that aren't. As a result, you may be able to reduce the overall level of volatility in your portfolio. (Keep in mind, though, that diversification can't guarantee a profit or protect against all losses.)

To diversify your risk factors, you first need to recognize them. Here are some of the most common types of investment risk:

• **Market risk** — This is the type of risk that everyone thinks about — the risk that you could lose principal if the value of your investment drops and does not recover before you sell it. All investments are subject to market risk. You can help lessen this risk by owning a wide variety of investments from different industries and even different countries.

• **Inflation (purchasing power) risk** — If you own a fixed-rate investment, such as a Certificate of Deposit (CD), that pays an interest rate below the current rate of inflation, you are incurring purchasing power risk. Fixed-income investments can help provide reliable income streams, but you also need to consider investments with growth potential to help work toward your

long-term goals.

• **Interest-rate risk** — Bonds and other fixed-income investments are subject to interest-rate risk. If you own a bond that pays 4% interest, and newly issued bonds pay 5%, it would be difficult to sell your bond for full price. So if you wanted to sell it prior to maturity, you might have to offer it at a discount to the original price. However, if you hold your bonds to maturity, you can expect to receive return of your principal provided the bond does not default.

• **Default risk** — Bonds, along with some more complex investments, such as options, are subject to default risk. If a company issues a bond that you've bought and that company runs into severe financial difficulties, or even goes bankrupt, it may default on its bonds, leaving you holding the bag. You can help protect against this risk by sticking with "investment-grade" bonds — those that receive high ratings from independent rating agencies such as Standard & Poor's or Moody's.

• **Liquidity risk** — Some investments, like real estate, are harder to sell than others. Thus, real estate is considered more "illiquid" than many common investments.

Make sure you understand what type of risk is associated with every investment you own. And try to avoid "overloading" your portfolio with too many investments with the same type of risks. Doing so will not result in a totally smooth journey through the investment world — but it may help eliminate some of the "bumps" along the way.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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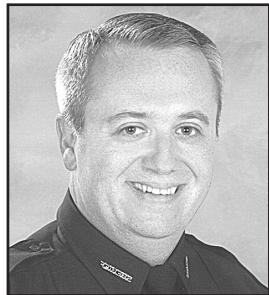
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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Neighborhood Watch Program

During these tough economic times, residential and vehicle burglaries continue to be prevalent, not only in St. Johns County, but throughout the country. Many thieves gain entry simply by opening unlocked doors and windows. I urge each of you to remember to lock your doors and windows in an effort to stop these burglaries. Another tool in combating neighborhood crime is through the Neighborhood Watch Program offered here at the St. Johns County Sheriff's Office. By banding together with law enforcement, neighborhoods are more apt to prevent crime before it occurs. This community-based program has been proven to deter crime. The National Neighborhood Watch Program, which began in 1972 through the National Sheriffs' Association, unites law enforcement, local organizations and citizens in a community-wide effort to reduce residential crime. Thousands of these programs have been developed throughout the country and many thrive here in St. Johns County.

The concept for the program is simple: Neighbors looking out for neighbors. Any community resident can take part, young and old, single and married, renter and home owner. Just a few concerned residents, a community organization or the Sheriff's Office can spearhead the effort to organize a Neighborhood Watch. Members learn how to make their homes more secure, watch out for each other and the neighborhood, and, most importantly, REPORT activities that raise their suspicions to the Sheriff's Office. You can form a Neighborhood Watch group around any geographical unit such as, a block, apartment building, park, business area, housing complex, office or marina. Watch groups are NOT vigilantes. They are extra eyes and ears for reporting crimes and helping neighbors. The programs also builds pride and serves as a springboard for efforts that address other community concerns, such as recreation for youth, child care, and affordable housing.

If you are interested in forming a Neighborhood Watch in your area, and one does not exist, form a small planning committee. Set a date and location for an initial neighborhood meeting. Then contact the Sheriff's Office and request that a Crime Prevention Officer come to your meeting to discuss your specific community's problems and needs. Contact as many of your neighbors as possible and ask if they would be willing to meet to organize a Neighborhood Watch group in your area.

Once your program is

beginning to get under way, there are several concrete steps you should take to make the organization successful. Contact the Sheriff's Office for help in training members in home security and reporting skills as well as for information on local crime patterns. Select a coordinator and block captain who will be responsible for organizing meetings and relaying information to members. Recruit new members and notify any new residents moving into the area. Make special efforts to involve the elderly, working parents, and young people into the program. You can then organize citizen patrols with assistance from law enforcement.

Some things to look and listen out for: Screaming or shouting for help; someone looking into windows of homes or parked cars. Unusual noises. Property being taken out of houses or building where no one is at home, or the business is closed. Cars, vans or trucks moving slowly with no lights or with no apparent destination. Anyone being forced into a vehicle. A stranger running through private yards or alleyways. A stranger sitting in a car or stopping to talk to a child. Abandoned cars. Most importantly try to obtain a tag number and direction of travel of a suspect and pass that information to the Sheriff's Office. Remember, don't investigate these problems yourself. Report these and any other suspicious incidents to the Sheriff's Office as they are happening.

Once you get started in organizing a Neighborhood Watch, there is virtually no limit to the innovative ways to combat crime and increase involvement of your community. Your neighborhood will not only become safer and more secure, but will have the added benefit of neighbors brought closer together, with opportunities to rekindle the sense of community that many areas of the country have lost over the years.

For additional information on the Neighborhood Watch program or any of the other Crime Prevention programs, please contact Corporal Diana Bryant at 209-1551, or Deputy Melissa Swindull at 209-1553. There is much more information available to our residents on our many programs offered at your Sheriff's Office from our website at www.sjso.org. For those of you on Social Media, be sure to follow us on Facebook and Twitter and please download the SJSO mobile App to connect with your Sheriff's Office. As always, please feel free to contact me anytime at my e-mail address at dshoar@sjso.org. Thank you and it is our hope that you have a very happy and safe New Year.



Landscape For The Season Now Is The Time To Plant Native Trees

By Frank Romanello
Romanello Landscaping, Inc.
Phone 904-429-7260 or 954-931-7801

While most folks tend to forget their gardens during North Florida's winter months, the cold weather actually creates an opportunity to diversify your landscape by planting trees that are native to North Florida.

Many counties are considering landscape ordinances that require a percentage of native plants be utilized in all future developments. Several have already implemented such ordinances. Native plants are not new to the Florida nursery industry. Many native trees are already well-represented in the inventories of North Florida nurseries. Such "staples" of north Florida horticulture as cabbage palm (*Sabal palmetto*), southern red cedar (*Juniperus silicicola*), live oak (*Quercus virginiana*), southern magnolia (*Magnolia grandiflora*), and dogwood (*Cornus florida*) are all native to the state.

Some reasons to select native trees - Because they are adapted to our soils, temperature, and rainfall patterns, native plants require less irrigation and fertilization, making them energy efficient. Native plants are low maintenance. They are resistant to pests and diseases in Florida because they have evolved under constant exposure to these organisms.

While many residents may feel that native trees aren't as appealing

as more exotic species, native plants include attractive, showy trees like southern magnolia, and more unpretentious species such as wax myrtle (*Myrica cerifera*). Both have a niche in landscape situations. Many native trees have a subtle beauty all their own.

Planting native tree species is no different than planting exotics. Consider first the time of year the tree is to be planted. Containerized trees can be planted any time. Trees that are balled-and-burlapped can be planted in winter and spring. Bare-root trees should be planted only in the spring.

The trees should be well irrigated after planting, and a 2- to 4-inch mulch of organic material is recommended. A top-dressing of a slow-release fertilizer can be applied within the dripline of the tree before the mulch. If it rains on a regular basis in the first six months after planting, additional watering may not be needed during that period. If not, periodic irrigation will be necessary. Generally, supplementary irrigation is required during the first year after planting. Source: UF-IFAS Ext.

Frank Romanello, CEO of Romanello Landscaping, Inc., has more than 20 years of experience helping residential and commercial customers. Call Frank at 904-429-7260 or 954-931-7801.

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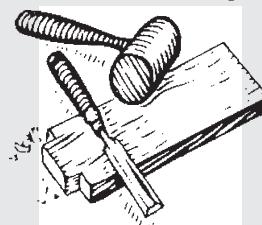
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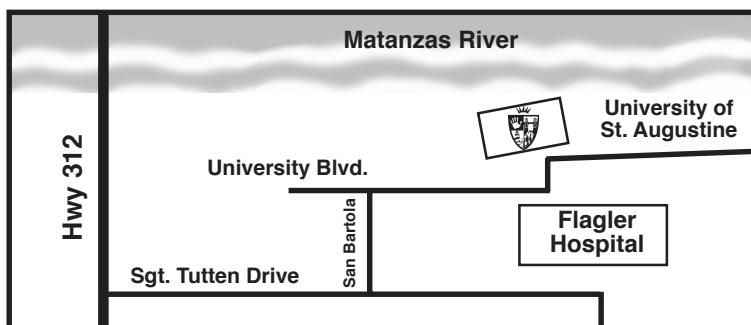
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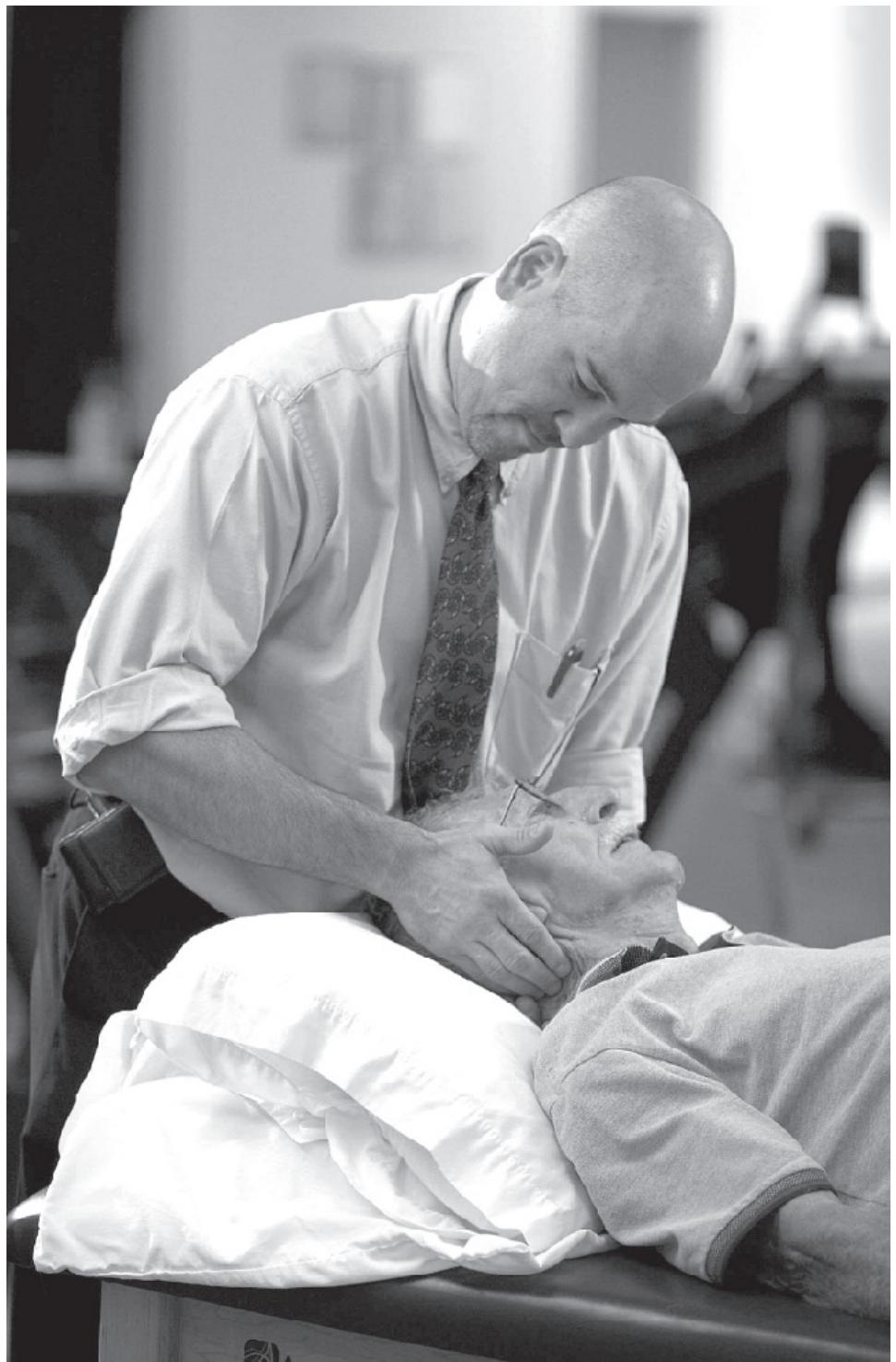
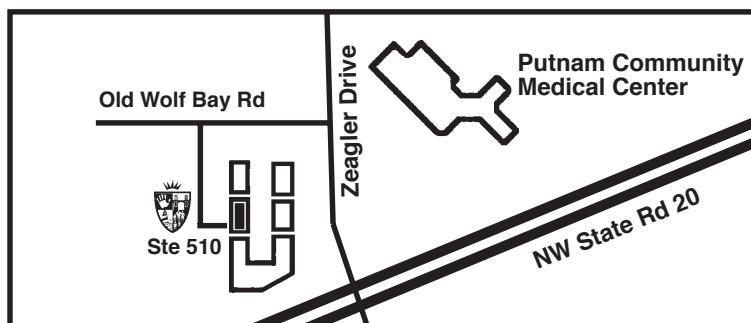
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